



Resources for Health Care Providers

The following organizations provide information on eating disorders which may be useful to health care providers and their patients.

Organizations

General Information on Eating Disorders

The National Women's Health Information Center (NWHIC)

Telephone: (800) 994-WOMAN

Web site: www.4woman.gov

NWHIC is a project of the Office on Women's Health (OWH), Department of Health and Human Services. Its Web site provides information on women's health issues and is designed for consumers, health care professionals, researchers, educators, and students. Information on eating disorders can be obtained by clicking Office on Women's Health, OWH Programs and Activities, Girl/Adolescent Health, Eating Disorders Module.

Girl Power!

Telephone: (800) 729-6686

Web site: www.health.org/gpower

Girl Power!, a national public education campaign sponsored by the Department of Health and Human Services, encourages and empowers girls 9 to 14 to make the most of their lives. Girls ages 8 and 9 typically have very strong attitudes about their health. Girl Power! seeks to reinforce and sustain these positive values as they grow older by targeting health messages to their unique needs, interests, and challenges.

Academy for Eating Disorders (AED)

6728 Old McLean Village Dr.

McLean, VA 22101

Telephone: (703) 556-9222

Web site: www.acadeatdis.org

AED is a multidisciplinary professional organization focusing on anorexia nervosa, bulimia nervosa, binge eating disorder, and related disorders. Founded in 1993, AED promotes effective treatment, develops prevention initiatives, stimulates research, disseminates information, and sponsors an international conference.

American Anorexia/Bulimia Association (AABA)

165 West 46th Street, Suite 1108

New York, NY 10036

Telephone: (212) 575-6200

Web site: www.aabainc.org

AABA is a national nonprofit organization composed of concerned members of the public and the health care industry dedicated to the prevention and treatment of eating disorders. Through education, advocacy, and research, AABA serves as a national authority on eating disorders. Its services include help lines, referral networks, public information, a quarterly newsletter, professional training, and prevention programs.

National Association of Anorexia Nervosa and Associated Disorders (ANAD)

P.O. Box 7

Highland Park, IL 60035

Telephone Hotline: (847) 831-3438

Web site: www.anad.org

ANAD is a nonprofit organization that helps eating disorders patients and their families. In addition to its free hotline counseling, ANAD also operates an international network of free support groups that offer eating disorder victims and their families referrals to health care professionals in the United States and in 15 other countries. ANAD conducts a wide range of activities, including publishing a national quarterly newsletter, organizing conferences and local programs, and working with health professionals and the media worldwide to educate the general public.



Eating Disorders Awareness and Prevention, Inc. (EDAP)

603 Stewart Street, Suite 803
Seattle, WA 98101
Telephone: (206) 382-3587
Information and Referral Line: (800) 931-2237
Web site: www.edap.org

EDAP is a national nonprofit organization dedicated to increasing awareness of and preventing eating disorders. EDAP provides educational resources to schools, health professionals, community organizations, and individuals. It sponsors several educational programs and activities, including the Eating Disorders Awareness Week and the Go Girls media advocacy program. EDAP's Eating Disorders Information and Referral Line offers free information on eating disorders, treatment resources, and support services.

Harvard Eating Disorders Center (HEDC)

356 Boylston Street
Boston, MA 02116
Telephone: (617) 236-7766
Web site: www.hedc.org

HEDC is a national nonprofit organization (affiliated with the Harvard Medical School) dedicated to research, education, and prevention. HEDC develops educational curricula, offers professional education for school personnel, and conducts public education forums on topics such as culture and the media. The center also awards fellowships and grants to support interdisciplinary research in the eating disorders field, conducts media outreach, and monitors legislation.

Massachusetts Eating Disorder Association, Inc. (MEDA)

92 Pearl Street
Newton, MA 02458
Telephone: (617) 558-1881
Web site: www.medainc.org

MEDA is a nonprofit organization dedicated to alleviating the problems of anorexia, bulimia, and binge eating disorder. MEDA's mission is to use educational awareness and early detection methods to prevent the spread of eating disorders, and to serve as a support network and resource to individuals recovering from eating disorders.

Pennsylvania Educational Network for Eating Disorders (PENED)

7805 McKnight Road
Pittsburgh, PA 15237
Telephone: (412) 366-9966
E-mail: PENED1@aol.com

PENED is a nonprofit organization providing educational and referral services to the general public and professionals regarding eating disorders. PENED publishes a quarterly newsletter, provides professional training, organizes support groups, and conducts prevention programs and media interviews.

The National Eating Disorders Screening Program

One Washington St., Ste 304
Wellesley Hills, MA 02481
Telephone: (781) 239-0071
Web site: www.nmisp.org

Screening for Mental Health, Inc. (formerly the National Mental Illness Screening Project) is a nonprofit organization which coordinates nationwide mental health screening programs.

Organizations for Health Care Providers

American Psychiatric Association

1400 K Street, NW
Washington, DC 20005
Telephone: (202) 682-6000
Web site: www.psych.org

The APA publishes the *Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)*, which addresses eating disorders. Other publications include practice guidelines and brochures on eating disorders.

American Psychological Association (APA)

750 First Street, NE
Washington, DC 20002
Telephone: (800) 374-2721
Web site: www.apa.org

The APA Task Force on Girls: Strengths and Stresses focuses on the strengths, challenges, and choices of adolescent girls today through a review of current research, education, practice, and public policy. Recent APA publications include *Beyond Appearance: A New Look at Adolescent Girls*.

National Mental Health Association (NMHA)

1021 Prince Street
Alexandria, VA 22314
Telephone: (800) 969-6642
Web site: www.nmha.org

The NMHA offers brochures addressing topics related to adolescent health, including eating disorders, depression, suicide, and self-esteem.

The Society for Adolescent Medicine (SAM)

1916 N.W. Copper Oaks Circle
Blue Springs, MO 64015
Web site: www.adolescenthealth.org

SAM's publications include the *Journal for Adolescent Health* and a position paper on eating disorders in adolescent girls.

Guidelines and Recommendations

American Academy of Pediatrics. *The Classification of Child and Adolescent Mental Diagnoses in Primary Care: Diagnostic and Statistical Manual for Primary Care (DSM-PC). Child and Adolescent Version.* Illinois, 1996.

This version is intended to help primary care clinicians better identify the psychosocial factors affecting patients in order to provide appropriate interventions, obtain reimbursement for the interventions, and refer patients who require more sophisticated mental health care. Eating disorders are included among the diagnoses.

American Medical Association. *Guidelines for Adolescent Preventive Services (GAPS): Clinical Evaluation and Management Handbook*, 1995.

GAPS is a set of recommendations that describe the content and delivery of comprehensive clinical preventive services to adolescents between 11 and 21 years of age. These recommendations help primary care providers expand their delivery of clinical preventive services to adolescents.

Green M., Palfrey J.S., (eds.). *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Second Edition.* Arlington, VA: National Center for Education in Maternal and Child Health, 2000.

This resource features a comprehensive section on adolescence (11 to 21 years), which includes questions that the primary care clinician can ask parents and adolescents regarding all aspects of the adolescent's well being, including eating behaviors.

American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders* (4th edition). Washington, D.C.: APA Press, 1994.

American Psychiatric Association. *Practice Guideline for the Treatment of Patients With Eating Disorders.* (Second Edition). Washington, DC., 2000.

Fisher M., et al. Eating Disorders in Adolescents: a Background Paper. *Journal of Adolescent Health*, 1995, vol. 16, pp. 420-437.

Fisher, M., et al. Position Paper. Society for Adolescent Medicine: Eating Disorders in Adolescents. *Journal of Adolescent Health*, 1995, vol. 16, pp. 475-479.

Publications

A free *Eating Disorders Resource Catalogue* is available by contacting Gurze Books, P.O. Box 2238, Carlsbad, California 92018, tel: (800) 756-7553. The catalogue may also be downloaded from www.gurze.com.

Professional Books

The following books discuss eating disorders and other adolescent health issues.

Andersen, Arnold, Leigh Cohn, and Thomas Halbrook. *Making Weight: Men's Conflicts with Food, Weight, Shape and Appearance.* Carlsbad, CA: Gurze Books, 2000.

This book focuses on issues faced by men regarding food, body weight, and shape. It discusses the difference between the sexes concerning body composition and image and addresses the influence of the mainstream media and the diet industry. The book also focuses on the meaning of "maleness" and on how it affects men's body image and satisfaction.

Berg, Frances M. *Afraid to Eat: Children and Teens in Weight Crisis*. Hettinger, ND: Healthy Weight Publishing Network, 1997.

This book addresses four problematic behaviors: dysfunctional eating, eating disorders, size prejudice, and overweight among teens. It discusses the negative effects of social pressures to be thin on students' academic achievement, and also explores the effects of eating disorders on minority students and boys. The author stresses the need for social change in schools, organized sports, and federal policies. A second book by the author published in 2000, *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*, is concerned with the full meaning of nourishment from both the physical and the psychological perspective.

Mehler, Philip, M.D. & Arnold Andersen, M.D. *Eating Disorders: A Guide to Medical Care and Complications*. Carlsbad, CA: Gurze Press, 2000.

Written for primary care clinicians and mental health professionals, the book focus on team treatment, medical evaluation of the patient, principles of diagnosis and treatment, nutritional rehabilitation, and other health complications.

Phillips, Lynn. *The Girls Report: What We Know and Need to Know About Growing Up Female*. New York: National Council for Research on Women (NCRW), 1998.

The new edition of *The Girls Report* surveys current studies on girls, counters popular myths with recent research findings, and highlights programs successfully serving diverse populations. Chapters on education, health, self-esteem, violence, sexuality, and economic realities conclude with clear recommendations for action. A comprehensive bibliography offers resources for educators, researchers, policymakers, parents, and concerned citizens. Available from NCRW, 11 Hanover Square, New York, NY 10005, tel: (212) 785-7350, Web site: www.ncrw.org.

Piran, Niva, Michael P. Levine, and Catherine Steiner-Adair (eds.). *Preventing Eating Disorders: A Handbook of Interventions and Special Challenges*. Philadelphia, Brunner/Mazel, 1999.

This book describes a variety of approaches to the prevention of eating disorders which can be used by

professionals from the disciplines of general health, mental health, and education, as well as by policymakers and community members. Available from: Brunner/Mazel, tel: (800) 821-8312.

Vandereycken, Walter & Greta Noordenbos (eds.). *The Prevention of Eating Disorders*. New York: New York University Press, 1998.

This survey of modern approaches to eating disorder prevention provides examples of concrete strategies and projects, including school-base programs, approaches to early identification and prevention by general practitioners, and the principles of screening programs. This volume also addresses the role played by fashion magazines and television in promoting risk factors such as thin ideal body images and dieting.

Other Resources (Video Tapes)

Body Talk is a video that highlights students' discussions about body image. The video is appropriate for students in middle school and high school, as well as educators and parents interested in how body image issues are related to eating disorders. A second videotape for pre-teens is currently in production. Available from The Body Positive, tel: (510) 841-9389, Web site: www.bodypositive.com/theother.

Self-Image: The Fantasy, The Reality is one of a series of specials shown on the popular PBS series, "In the Mix," which has been described as "a news magazine for the MTV generation." The program is fast-paced with bold visuals, upbeat music, and a sense of humor. The video is appropriate for viewers in grades 7 through 12. It is clearly divided into four segments and is accompanied by a discussion guide. (The free guide can also be downloaded from their Web site.) Available from In the Mix, tel: (212) 684-3940 or (800) 597-9448, Web site: www.pbs.org/mix/imgguide.

Slim Hopes: Advertising and the Obsession with Thinness is suitable for viewers ages 14 years and older. Educators may use this video when addressing media literacy, body image, eating disorders, and other women's health issues. Available from Media Education Foundation, tel: (800) 897-0089, Web site: www.mediaed.org.